Monday, September 9, 2013

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Y is for you guys are in so much shizzle ...

Two students at St. Mary's face discipline over their alleged role in frosh chants promoting rape as a second school comes forward with similar complaints PAGE 4

Bitcoin goes 'grandma-friendly'

Kiosks coming to Canada to take out the sketchy drug deal-esque feel of buying and selling burgeoning digital currency PAGE 8

CAN I GET A WOOF WOOF?

SOME CHANTS ARE GOOD: KING OF LATE NIGHT ARSENIO HALL RETURNS AFTER TWO-DECADE HIATUS PAGE 11

ROUGH WEEKEND FOR COPS AND THE PUBLIC

A Special Investigations Unit traffic investigator looks over a dented Ottawa police cruiser on Elgin Street Friday night. The SIU invoked its mandate after an officer driving south on Elgin Street hit two pedestrians at the corner of Sparks Street, injuring a 48-year old man and sending a 73-year-old woman to hospital with multiple bone fractures. MIKE CARROCCETTO/FOR METRO

Arrest video sparks review

ByWard Market. Bar thanks cops on Facebook for arresting men who allegedly assaulted bouncers

SEAN MCKIBBON & JOE LOFARO
ottawa@metronews.ca

A shaky video of a violent By-Ward Market arrest that has sparked police-brutality accusations will be reviewed by the Ottawa Police Service's professional-standards section, says the police chief.

"Our officers have a difficult and dangerous job and they work hard to serve the residents of this City," said Chief Charles Bordeleau in a news release. "We are aware of a video that shows a portion of the arrest in this incident and it will be reviewed by our Professional Standards Section," he said.

The video, which doesn't show the start of the confrontation, shows a man being pushed down on Clarence Street and punched at least a dozen times by a police officer, while another officer holds the man down.

Two men were charged in the incident. Around 11:55 p.m. on Sept. 6 officers went to a disturbance outside of Tequila Jacks at 104 Clarence St. where police allege a man was using a stanchion to assault bouncers.

"As the officers were responding to this incident a second man reached over the crowd and punched a constable in the left eye and nose, cutting him in the process," police said.

That second man was grounded by police and handcuffed. As the officers were attempting to handcuff him, the original man attempted to grab the arresting officers, police say.

Police arrested and charged Balkaran Bajwa, 21, of Ottawa with causing a disturbance, assaulting a peace officer, uttering threats and resisting arrest. Gohar Ali, 21, of Ottawa, was charged with causing a disturbance, assault with a weapon and obstructing a peace officer.

Kira-Lynn Ferderber said she witnessed the incident while eating dinner across the street. She said she did not see what prompted police to tackle the man but she did see the police officer punching the man.

"They delivered the worst violence I saw that night," said Ferderber. "I was really glad the next day when I went on YouTube that someone had caught that on video."

Ferderber said the officer who delivered the blows should be publicly identified and fired.

Matt Skof, president of the Ottawa Police Association, disagreed, saying police are mandated to effect an arrest when a criminal offence has occurred.

"We're dealing with people in a very difficult scenario, already exhibiting and portraying anti-social behaviour," said Skof.

"Mix it in with alcohol and you have a very violent situation. We're dealing with human beings that are unpredictable."

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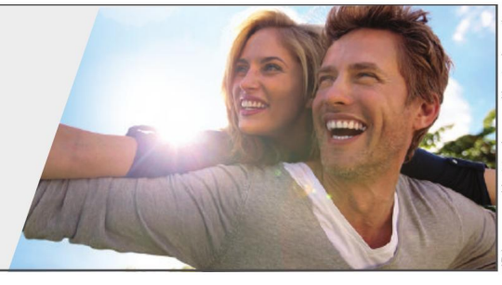

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Beechwood Cemetery

Ottawa man charged with sex assault

Police have arrested and charged a man after a woman was allegedly sexually assaulted at knife point at the Beechwood Cemetery on Friday. The attacker was apprehended thanks to bystanders, police said, adding that a woman witnessed the attack and told a man at the cemetery about it, who then called police and detained the suspect until officers could arrive. Police responded to the incident at 4:15 p.m. and met with the alleged victim, who said she had agreed to meet a man at the cemetery. Eric Richards, 40, of Ottawa was charged with sexual assault with a weapon, forcible confinement, dangerous driving, uttering a death threat and mischief over $5,000.

Anyone with information can contact the Ottawa Police Sexual Assault/Child Abuse Unit at 613-236-1222, ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO/METRO

Pawsitively amazing

Record total for Humane Society fundraiser

The Ottawa Humane Society says it has raised a record $220,000 after Sunday's IAMS Wiggle Waggle Walkathon and first-ever Run for the Animals.

Organizers marked the 25th edition of the walking fundraiser, which has been raising money for animals at the OHS since 1988.

JOE LOFARO/METRO

West Carleton. Mayor last to know province OK'd controversial landfill

Mayor Jim Watson quickly got an apology Friday after he fired off an angry letter to Ontario's Minister of the Environment when the city was the last to learn the province approved an environmental assessment of the controversial West Carleton Landfill.

"No staff at the City of Ottawa received an advance, or at the very least simultaneous notification that a decision had been made or was about to be released," Watson wrote to Minister James Bradley, pointing out the decision was reached Aug. 28.

"This would indicate to me that there would have been sufficient time to properly notify all interested parties," he added. Watson said that he only found out about the approval after reading about it in local media. He then received a call from Waste Management, the company that manages the landfill and its proposed expansion, about the approval.

Waste Management plans to call its privately run landfill on Carp Road the West Carleton Environmental Centre, since its focus is on "waste diversion." GRAHAM LANKTREE/METRO

East end. Elderly woman in serious condition after car crashes into tree

An 86-year-old woman is in serious condition in hospital after the car she was driving collided with a tree in the city's east end Sunday morning.

Paramedics were called to the intersection of Beauregard Crescent and Montcrest Drive at 9:51 a.m. They treated the woman for severe injuries to her chest and abdomen as well as a compound fracture to one of her legs.

Firefighters assisted in extracting the woman from her vehicle, paramedics said.

Ottawa police say the woman had life-threatening injuries and they are investigating. JOE LOFARO/METRO

A mangled car is seen after a crash at Beauregard and Montcrest on Sunday. TWITTER @RICKDONNELLY1

Ottawans fight stigma through Recovery Day

A celebration. Success stories in battling addiction do happen, say counsellors

Rock music, sunshine and support were plentiful at the Rally for Recovery at city hall, one of several Recovery Day events held across the country Sunday.

Recovery Day began last year in British Columbia and aims to bring recovery into the open, and dispel some of the shame and stigma attached to substance-abuse problems, said rally co-ordinator Daniel Rathwell.

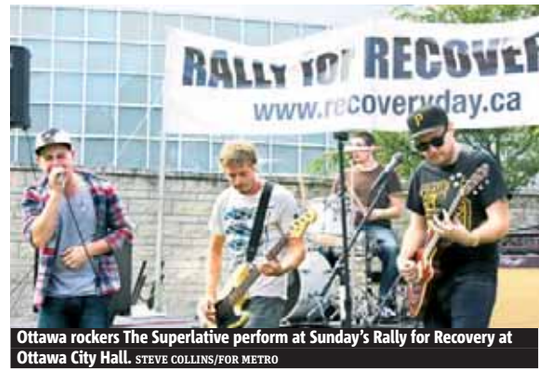
"It allows us to share a face and a voice and let people know that recovery is possible," he said. "The public perception is that it doesn't happen. We hear all too often the negative connotations, the negative consequences of addiction. We never see the success stories, and today look around you: Every person here either individually or as a member of a family, as a member of our community, is in recovery."

Jake, 17, was celebrating eight months of sobriety.

"It really changed my life, and I really wanted to be here for support and kinda spread the word that it does get better," he said. "A lot of people are going through rough times."

The gathering also gave him a chance to reunite with Jaimi Yantha, one of the counsellors he worked with at Portage Ontario, a residential youth substance-abuse treatment facility in Elora.

"The great thing about Jake was that he came in willing to work and to look at his issues and really wanted the sobriety, so he did really well in the program and I'm very proud that he's eight months today," Yantha said. STEVE COLLINS/FOR METRO



Ottawa rockers The Superlative perform at Sunday's Rally for Recovery at Ottawa City Hall. STEVE COLLINS/FOR METRO

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Look for forehead tattoo

Warrant issued for wayward robber

A Canada-wide warrant has been issued for a federal inmate police say breached his parole conditions.

Mark McLean, 35, is serving a sentence of three years and 10 months for armed robbery and drug possession for the purpose of trafficking.

Police are asking for help in locating him and say he has been known to travel between Windsor and Toronto.

McLean is described as white, five feet 11 inches tall, about 170 pounds, with a muscular build and shaved brown hair.

Police say he has multiple tattoos, including one between his eyebrows that looks like the letter S.

THE CANADIAN PRESS

Buckingham on alert

U.K.'s royal police spook the duke

You might forgive Britain's royal-protection unit for being a little jittery.

Two days after an intruder was discovered prowling around Buckingham Palace, police confronted Prince Andrew, the second son of Queen Elizabeth II, in the royal residence's garden and demanded he identify himself.

London's Metropolitan Police said in an email Sunday that they had apologized to Andrew, also known as the Duke of York, and the royal responded with a touch of humour.

"I am grateful for their apology and look forward to a safe walk in the garden in the future," he said in a statement.

THE ASSOCIATED PRESS

Pledge to fight on

MPs united over expense scandal

Conservative MPs pledged publicly Sunday not to let the prorogation of the House of Commons put an end to all-party efforts to reform the expense-account abuses of Parliament.

MPs from the Conservatives, NDP and Liberals were called back briefly on Sunday for what was set to be a closed-door meeting.

But a motion by the NDP to open up the session was unanimously approved, as was the pledge for MPs to continue their work ending the spending shenanigans.

The reason for the sudden display of unity was made clear: MPs from all parties got an earful from angry constituents over the summer over the Senate scandal. THE CANADIAN PRESS

Pair to face the music for rape chant

Saint Mary's. School targets two students for disciplinary hearing, says there may be more

ANDREW RANKIN
Metro in Halifax

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shockwaves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other students being punished.

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister … U is for underage, N is for no consent," the mob sings.

A date for the closed-door hearing has not been released. The disciplinary panel will consist of the school's disciplinary officer, a student representative and a student administrator.

Carrigan Desjardins, who was responsible for the school's frosh-week program, has also announced she is stepping down from the position of VP Student Life.

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

The university also says it will take steps to educate students about the harm caused by such behaviour.

THE CANADIAN PRESS

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World Suicide Prevention Day

September 10, 2013

Last year, more than 3,500 Canadians died by suicide. Suicide is the second leading cause of death among people aged 15 to 34. The Inuit suicide rate is 11X higher than the national average, with the majority younger than 30.

A significant portion of those contemplating suicide experience anxiety, depression, hopelessness, and lack of connection.

Suicide is an issue that is still surrounded by fear, shame and silence—but by breaking through the barrier of stigma and openly addressing the factors that contribute to suicide, we can all help to prevent it.

Each year on the 10th day of September, a commitment to saving lives brings together communities from across Canada and around the world.

On **September 10,** let's take action and join the worldwide movement to save lives.

- **Parliament Hill (Front Lawn)**
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  With special speakers:

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  Harold Albrecht, Member of Parliament, Conservative Party of Canada

  Thomas Anguti Johnston, President, National Inuit Youth Council

  Terry Audla, President, Inuit Tapiriit Kanatami

  Louise Bradley, President and CEO, MHCC

- **Candlelight Vigil**
  All Canadians are encouraged to commit to learning how to recognize the signs of suicide (www.suicidepreventation.ca) and to light a candle at 8:00 p.m. local time on September 10 in tribute to the lives lost and in hope for the future.

CASP/ACPS

Mental Health Commission of Canada

Commission de la santé mentale du Canada

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Inuit Tapiriit Kanatami

For more information, brochures, posters and other important tools to share with friends and colleagues, visit the Canadian Association for Suicide Prevention at **www.suicideprevention.ca** and **www.itk.ca.**

‘Common -sense test’ points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama’s top aide on Sunday pressed the case for “targeted, limited consequential action” to degrade the capabilities of Syrian President Bashar Assad to carry out chemical-weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

White House Chief of Staff Denis McDonough asserted that a “common-sense test” dictates that the Syrian government is responsible for a chemical-weapons attack that Obama says demands a U.S. response. But he said the Obama administration lacks “irrefutable, beyond-a-reasonable-doubt evidence” that lawmakers who will start voting on military action this week are seeking.

“This is not a court of law. And intelligence does not work that way,” McDonough said, part of a five-network public-relations blitz Sunday to build support for limited strikes against Assad. “The common-sense test says he is responsible for this. He should be held to account,” McDonough said of the Syrian leader who for two years has resisted calls to step down.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.

THE ASSOCIATED PRESS

In this citizen-journalism image, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian Army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, on Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

Search authority

Surveillance-court ruling allowed NSA search of domestic email, says report

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans’ communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government’s request.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA’s authority in significant ways without public debate or any specific authority from Congress.

THE ASSOCIATED PRESS

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Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoiniacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says Johnson. "It's reassuring."

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoiniacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December, and although their locations are not yet certain, Bitcoiniacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoiniacs.

THE CANADIAN PRESS

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall.

COURTESY ROBOCOIN

Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Bucharest, Romania

Canadian gold mine generates controversy

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. Opponents say it will present an environmental risk. "Save Rosia Montana," some 2,500 protesters against the mine shouted Sunday, referring to the town where the gold mine would be. THE ASSOCIATED PRESS

Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine.

THE ASSOCIATED PRESS

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ORANGE YOU GLAD IT'S GETTING FIXED?

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

You could have been forgiven an inward — or outward — expletive of your choosing last week if you made your post-Labour Day commute wherever it was you were supposed to be (preferably on time) only to be confronted by the sight of more orange vests, orange pylons and orange signs with arrows indicating the unexpected new direction of your trip.

It has been, after all, a long summer of trying to remember which roads were still in service, and the city's warning us it's going to be a long autumn, with 375 construction projects underway, 100 kilometres of road and six kilometres of sidewalk going under the jackhammer.

On Queen Street, where water main replacements are expected to add long minutes to the trip of anyone travelling it until December, the hotdog vendor was wearing earplugs and gamely miming, "Drink with that?" to customers.

At a briefing on the coming traffic tribulations, Phil Landry, the city's head of traffic management and operational support, was reluctant even to suggest good crosstown routes for avoiding construction, reasoning that if he recommends one, everyone's going to take it and then where are you? Idling behind everyone else.

Similarly, no advice was forthcoming on areas to avoid at all costs. Instead, we got semi-helpful to non-helpful tips like "avoid rush hour" and "plan for delays." Essentially, "suck it up."

"The construction of light rail and our Ottawa On The Move program is making life somewhat uncomfortable for people travelling, and the highway work that's being done, but it is really a classic example of short-term pain for long-term gain," Mayor Jim Watson said last week. "If we get more people out into alternative modes of transportation and get the road network fitted up, then people will see a noticeable difference in the next several years."

Dreams of a brighter, less congested future aside, there's another point to short-term pain. A year ago last week a sinkhole opened on the 174, ate a Hyundai, mercifully killed nobody, and gave us just a taste of the long-term pain we can count on if we neglect city infrastructure.

So we take our medicine and do what we can to wash its taste out. After a week of all that orange, I found myself retreating from the blocked-off sidewalks and into the green.

Off an NCC pathway, at the very edge of the area where crews mow the grass, I found another species of transportation infrastructure, a path through the bush. Public Works doesn't maintain it, and the transportation committee has never voted on it. One pair of feet just tramped the route and others seconded.

A little further in, a creek blocked the path, inspiring another guerrilla works project. Logs, branches, blocks and bricks formed a makeshift crossing, with green shoots from the creek bed growing up through it. There's never been an environmental assessment or ribbon-cutting. Lifecycle maintenance consists of maybe dropping a few fresh branches across it in spring. I emerged back onto the city's familiar paved terrain. I was at St. Laurent Boulevard by the time I heard jackhammers again.

ZOOM

Squeak my ride: Skater mice

TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic, and super cool — this mouse is from an elite sports-training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. METRO

Talking to a trainer

"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. THE ASSOCIATED PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara___: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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Hall ready to have a ball

Return to late night. Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of The Arsenio Hall Show (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine.

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's Tonight Show titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball great Magic Johnson shortly after announcing he was HIV positive.

It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

But by 1994, Hall was facing new competition from Tonight host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted Star Search for a season. He co-starred on the CBS drama Martial Law for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on The Celebrity Apprentice early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!"

THE ASSOCIATED PRESS

Review

Who: Rizzle Kicks

Where: iTunes Festival

When: Friday, Sept. 6

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop when taking in Rizzle Kicks' iTunes Festival performance. Nor does the Brighton U.K. duo have the illest lyrics: "Hashtag trends/we make people clap clap clap." They started off weak, encouraging the audience to, "Jive jive jive," but it was almost like they couldn't quite believe their own commands. Things picked up once they got to the ska-influenced Wind Up, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's seat (which would be at my computer. In Toronto.) The best part was the finale when they busted out the big brass for Down with the Trumpets. Overall they showed themselves to be a couple of affable lads, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

What women want: According to Bethenny

Bethenny Frankel is used to putting her life on display. She's practically spent the last five years in front of the camera thanks to back-to-back-to-back reality shows Bethenny Ever After, Bethenny Getting Married and Real Housewives of New York City, not to mention The Apprentice: Martha Stewart several years before that.

Her next TV venture is simply titled Bethenny, and although the daytime talk show puts the outspoken entrepreneur back in the spotlight, Frankel says she's intent on making sure the series is not about her.

"This talk show is an evolution of a relationship between me and women that has started from the Apprentice to going through the struggles I had as a single woman on the Housewives and then doing my own show," Frankel said during a promotional stop in Toronto in June.

"It's not that I do it for the sake of doing it and this show isn't really about me. It's about women and if there's something that I'm going through that women are going through then we will all talk about it together."

And there's been plenty of talk over the way Frankel has lived her life in recent months.

The tabloid magnet has kept the headlines coming with supposed behind-the-scenes drama on her new show, her divorce and custody battle with estranged husband Jason Hoppy and non-stop speculation over the nature of her relationship with billionaire Warren Lichtenstein.

Rather than turn people off, the constant media scrutiny has cemented her fan base, suggests Frankel, arguing that people feel like they know who she is, and consider her a pal.

"I'm fortunate that I've had a reality show where people have seen my life and have been in my home, so hopefully they trust me and they know that this is who I am on camera, off camera, this is just who I am."

Frankel previewed her chat show last year with a test run on Fox in the United States and E! in Canada. Backed by Ellen DeGeneres, the series offered a light-hearted mix of celebrity interviews, fashion advice and frank girl talk.

Bethenny debuts today on CTV.

THE CANADIAN PRESS

Bethenny Frankel will now host her own talk show.
THE CANADIAN PRESS

Liam Hemsworth. ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."

Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who gave this kid a Kar(dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a $110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.

Zach Galifianakis

Galifianakis going to be a father

You Are Here star Zach Galifianakis was a no-show at the film's Toronto International Film Festival premiere this weekend, but he had a very good reason for not attending.

Galifianakis rushed back to New York to join wife Quinn Lundberg, who had gone into labour with the couple's first child, You Are Here director Matthew Weiner confirms to E! News.

"We literally found out on Friday," Weiner says. "Zach is going to be the best dad in the world."

Ben Affleck

Former Superman comes to current Batman's defence

Ben Affleck's casting as Batman in the Man of Steel sequel has caused more than its share of controversy, but at least one actor who used to play Superman thinks it's overblown

"It's great," former Smallville star Tom Welling told reporters at the Toronto International Film Festival.

"He's a tremendous actor, he's a wonderful director and I wish him the best. It's hard to criticize things before they even happen. I know they'll endeavor to make the best film they can."

Twitter

@TomArnold
I don't want to hurt LA's feelings but I could totally see myself falling in love with this town #Toronto

@RealMichelleT
Am I the only person who uses 'Anyhoo' as an amusing transitional word in a conversation?

@JimCarrey
We r seedlings being formed by our choices on greenhouse earth 2 be replanted,when mature,in the astral plane.How do I know?I don't.Haha

Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMYMUMMYCLUB.CA**

Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores on Sept. 10.

Here comes the airplane ... or not

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of The Division of Responsibility of Feeding, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

The whether and how much

It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they do. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD**

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Literature to chill out your children

Rest and repeat.
New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON BOWEN
Metro World News

Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. Imagine Me with the Three Owls encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

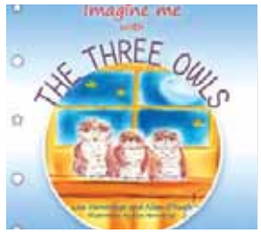
Simple belly breathing exercise
An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Continue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body
Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from Imagine Me with the Three Owls in a slow, steady voice.

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

Imagine a special place
Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime.



Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings
When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

It's peanut butter jelly time, so keep kids cooking

Secret ingredient.
Little hands can be a big help when it comes to making meals

ALISON BOWEN
Metro World News

Bond and create healthy habits with your child in the kitchen. ISTOCK

Many parents' intuition might be to shoo children out of the kitchen.

But the next time your kiddos are underfoot while you're making dinner, consider tossing them a task.

Cooking with kids can be a great way to bond, create healthy habits and make something great for lunch.

Sally Sampson, who created ChopChop, a cooking magazine for families, suggests starting small: Let them pick a vegetable at the farmers market to add to a salad, or throw veggies into a blender to create a smoothie. Kids can also create their own salad dressings.

One thing she cautions against? Inviting children to help make dessert.

Cooking works even with the littlest ones.

"You can describe what you're doing," Sampson adds.

"You can have them hand you carrots. No age is too young."

And cooking can be much healthier — and cheaper — than parents might think.

Grill your way into fall with Mexicali Marinated Beef Steak

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

This recipe makes four servings. COURTESY THE CANADIAN PRESS

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

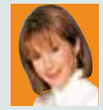
1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand for 5 minutes.

3. Serve steak by carving into thin slices across the grain. **THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG**

Healthy eating

Choose it and lose it



ROSE REISMAN
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The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.

6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium

Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillers Kolbassa Sausage.

6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium

At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.

Lunch. Beef and Fine Cheddar Wraps

Use very thinly sliced leftover grilled steak for the wraps so that they don't get too bulky when you're rolling them up. You can also use deli roast beef.

1. Spread each tortilla right to edge with 15 ml (1 tbsp) of the red pepper jelly. Top each with 50 ml (1/4 cup) shredded cheese, one-quarter each of the watercress and beef and 30 ml (2 tbsp) cashew pieces. Season with pepper.

2. Roll up each tightly. Eat right away or wrap each in plastic wrap and refrigerate for up to 8 hours. **THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG**

Ingredients

- 4 large flour burrito-size tortillas
- 50 ml (1/4 cup) red pepper jelly (hot or sweet)
- 250 g (8 oz) shredded aged cheddar
- 1 bunch watercress, arugula or handful of baby greens
- 500 ml (2 cups) shaved cooked beef steak (about 10 oz/280 g)
- 125 ml (1/2 cup) cashew pieces
- Pepper, to taste

Beef and Lentil Salad packs a powerful protein punch

This salad works well for a buffet dinner and is also good tucked into a pita or tortilla as a wrap for lunches.

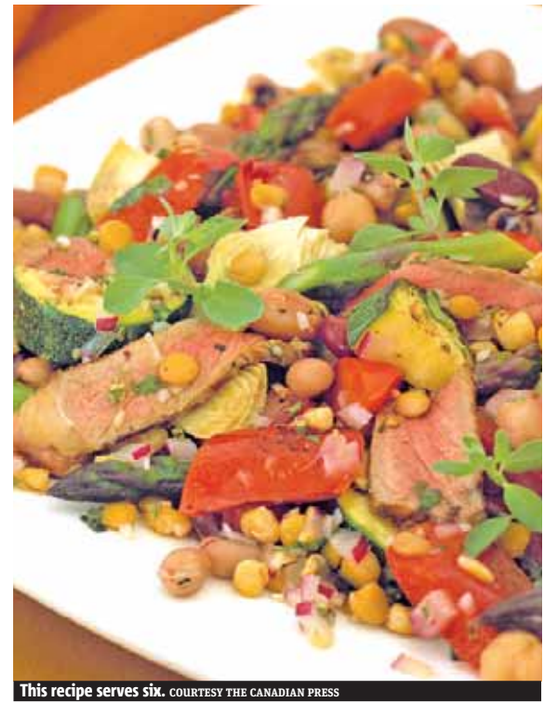
1. In a small bowl, combine pepper, Italian seasoning and garlic powder. Rub mixture over steak; let stand for 15 minutes.

2. Grill or pan-fry steak over medium-high heat for 4 to 7 minutes per side for medium-rare to medium doneness. Let stand for 5 minutes.

3. Meanwhile, in a large salad bowl, whisk together oil, red onion, garlic, vinegar, basil, salt, oregano and pepper. Add grilled vegetables, tomatoes, beans and artichoke hearts. Cut steak into thin slices; add to bean mixture. Gently toss together and season to taste, if necessary. **THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG**

Ingredients

- 5 ml (1 tsp) each coarsely ground pepper and Italian seasoning
- 0.5 ml (1/8 tsp) garlic powder
- 500 g (1 lb) beef grilling steak (rib eye, strip loin or top sirloin), 2.5 cm (1 inch) thick
- 50 ml (1/4 cup) each olive oil and minced red onion
- 2 cloves garlic, roasted mashed or minced fresh
- 30 ml (2 tbsp) red wine vinegar
- 15 ml (1 tbsp) chopped fresh basil
- 2 ml (1/2 tsp) each salt and dried oregano
- 1 ml (1/4 tsp) pepper
- 500 ml (2 cups) assorted grilled vegetable chunks (zucchini, sweet red pepper, asparagus)
- 2 plum tomatoes, seeded and chopped
- 2 cans (each 540 ml/19 oz) mixed beans or lentils, drained and rinsed
- 1 jar (170 ml/6 oz) marinated artichoke hearts, drained and coarsely chopped



This recipe serves six. COURTESY THE CANADIAN PRESS

Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning. We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

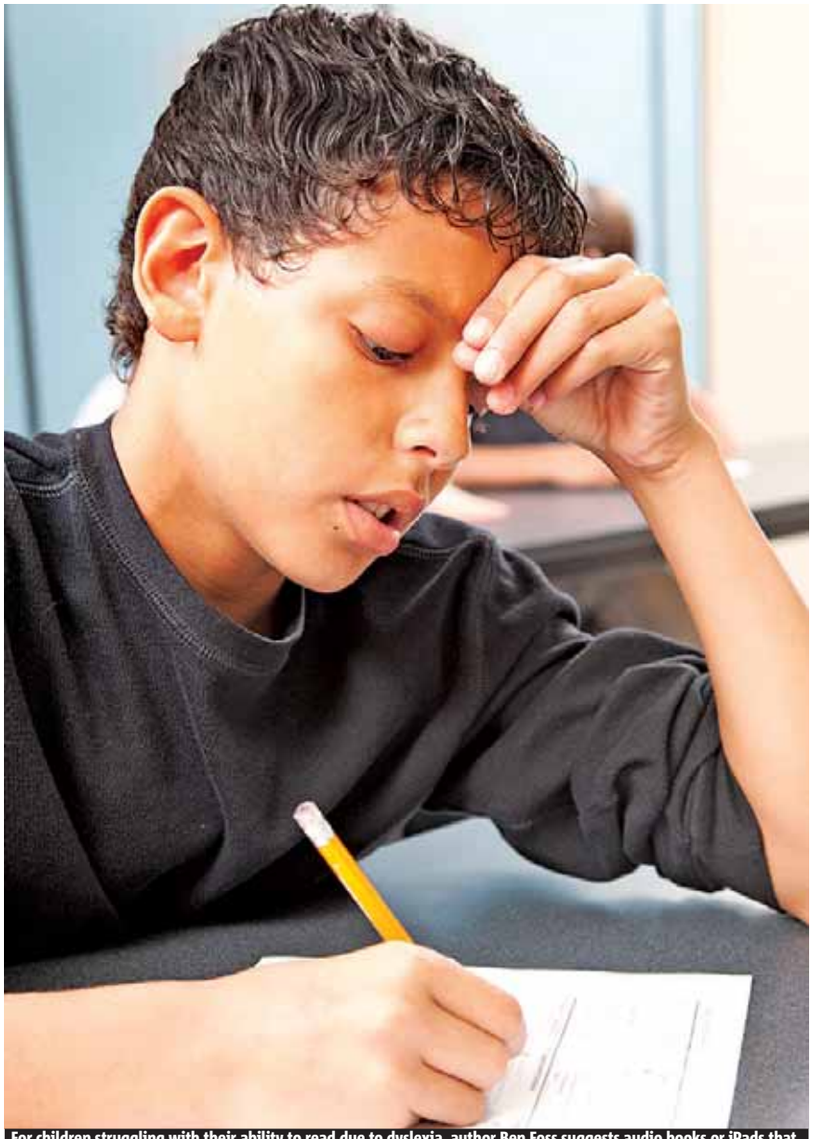
"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order. "You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire. I don't suffer from being from New Hampshire. I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way."

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."
- **Get the facts.** "Learn what dyslexia is, learn the background, explain it to your child and then teach your child how to explain because they're going to run into people all day at school who have questions for them," says Foss.



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

Stars with dyslexia

Steven Spielberg

Richard Branson

Cher

Whoopi Goldberg

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Goodbye mom and dad, hello to my new pad!

Home sweet dorm.
Expert advice on how to make the most of your new cinder-block palace

JULIA FURLAN
Metro World News in NYC

Between studying, socializing and starting your new life, it's important to have a space to sit back and chill out. ISTOCK

So you've left the nest and your childhood bedroom is poised to become a glori- fied storage closet for your family's things. Interior designer Tamara Dunner says the best way to make your new, tiny dorm room space feel like home is to decorate with care — with an eye toward colour, pattern and style.

What advice do you give to college students who want to make their new home a little brighter?
I think it's important when you're moving or relocating to bring some things from home. Bring your picture frames with photos of all your friends. They don't have to be standard black picture frames; if you're more traditional, you can do a whitewashed finish.

What should students prioritize?
It's your first home away from home; it should be a secure place for you to come after school where you feel comfortable. It's always hard that first year, so you want to emphasize that you want to personalize your own little cave, your own little place.

How about the walls?
You can get posters, but I know they (usually) won't let you stick nails in the walls in the dorm. You can get light picture frames from Ikea or even take postcards and hang them on the wall. You can get Christmas lights to make it a little bit more funky.

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Pageau ready to turn page on AHL career?

NHL. According to former coach, Senators up-and-comer was best player of weekend rookie tournament

Jean-Gabriel Pageau was a standout for the Senators at an NHL rookie tournament over the weekend in London, Ont.
BRUCE BENNETT/GETTY IMAGES FILE

Jean-Gabriel Pageau doesn't belong with the Ottawa Senators' other rookies.

The 20-year-old forward already has plenty of NHL experience and scored a memorable hat trick in last year's playoffs against the Montreal Canadiens that led to chants of "Pageau, Pageau, Pageau" in a mock chant of the Habs' "Ole, Ole, Ole" cheer from a fired-up crowd at Scotiabank Place. So it makes all the sense in the world that he dominated at the weekend's rookie tournament in London.

"He looks like the best player I've seen this weekend," said Luke Richardson, who coached Pageau with the AHL's Binghamton Senators last season. "I'm not surprised at all. I wasn't surprised last year when he went up to Ottawa (and) what he did."

But Richardson doesn't think it was a fruitless exercise for Pageau to spend time amid sub-NHL-calibre competition. A little ego boost can't hurt as the Ottawa native tries to make the Senators roster out of training camp.

"People even mentioned yesterday why he is even here, but it's kind of a process that he's never really gone through," Richardson said Sunday. "I think this is a good step for him to go out and have a chance to dominate at a level like this."

Pageau, who had four goals and two assists in 10 Stanley Cup playoff games and two goals and two assists in nine regular-season games for the Senators, could get caught up in a numbers game up front. But the natural centre might be too talented to send back to the minors.

"When I'll be at the big camp I'll do everything I can to stay up," he said.

With Ottawa beginning the process of trying to replace the offence gone after the departure of Daniel Alfredsson and the trade of Jakob Silfverberg to the Anaheim Ducks for Bobby Ryan, Pageau could be part of the solution. He scored 80 goals in 175 career QMJHL games.

THE CANADIAN PRESS

Bright future

"He's just a guy that's getting better and better all the time." Binghamton Senators coach Luke Richardson on Jean-Gabriel Pageau

Tennis

Williams wins again at U.S. Open

Top-seeded Serena Williams won her fifth U.S. Open championship and 17th Grand Slam title overall by beating No. 2 Victoria Azarenka 7-5, 6-7 (6), 6-1 in a windy final.

Sunday's match was the toughest test these two weeks for the No. 1-seeded Williams, who also beat Azarenka in three sets in last year's final. THE ASSOCIATED PRESS

Serena Williams jumps for joy on Sunday in New York City
GETTY IMAGES

Basketball

Argentina ends Canada's hope for berth at worlds

Luis Scola had 28 points and seven rebounds Sunday as Argentina eliminated Canada from the FIBA Americas Championship with a 73-67 victory.

Selem Safar added 18 points off the bench for Argentina (4-3). Facundo Campazzo chipped in with 10 points and eight assists.

Cory Joseph had 19 points for Canada (3-4) in a losing effort, while Andrew Nicholson added 17 of his own.

THE CANADIAN PRESS

Pats paste Bills with late field goal

Tom Brady was 29 of 52 for 288 passing yards in the Pats' opening-week win on Sunday in Buffalo. GETTY IMAGES

New season, new receivers, familiar finish for Tom Brady, who looked like his old self in the clutch.

Whatever chemistry Brady still lacks within the Patriots new-look offence, the quarterback overcame by rallying New England to a 23-21 season-opening win over the Buffalo Bills on Sunday. Brady marched New England 49 yards in 12 plays to set up Stephen Gostkowski's 35-yard field goal with five seconds left.

"I didn't have a lot of doubt," Brady said, referring to the final drive, which began at the Patriots 34 with 4:31 remaining. "We've got a team full of fighters. There's going to be some ugly wins, but we're always going to fight until the end."

Shaking off a sloppy start, Brady completed all six attempts for 34 yards on a final drive during which he twice completed passes to convert third downs. That included threading a throw to Danny Amendola in traffic for a 10-yard gain on third-and-8 at the Bills 39.

Shane Vereen ran 15 yards on the next play, and the Patriots settled on running time off the clock before Gostkowski won it.

The new-look Bills nearly pulled off a stunning upset in their first game under coach Doug Marrone and rookie quarterback EJ Manuel.

It instead turned into an all-too-familiar outcome for the Bills against their AFC East rivals. They dropped to 1-19 in their past 20 meetings. They are 3-24 in 27 games since Bill Belichick took over as Patriots coach. THE ASSOCIATED PRESS

Week 1

- **Saints 23, Falcons 17.** Drew Brees passed for 357 yards and two scores and his New Orleans Saints held on to top Atlanta.
- **Bears 24, Bengals 21.** Jay Cutler passed to Brandon Marshall for the go-ahead TD in the fourth, giving Marc Trestman a victory in his Chicago debut.
- **Colts 21, Raiders 17.** Andrew Luck ran 19 yards for the winning TD, giving Indy its first opening-day win since 2009.

Horoscopes

♈ Aries
March 21 - April 20
You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus
April 21 - May 21
You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini
May 22 - June 21
Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer
June 22 - July 23
You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo
July 24 - Aug. 23
Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo
Aug. 24 - Sept. 23
You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra
Sept. 24 - Oct. 23
As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius
Nov. 23 - Dec. 21
Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

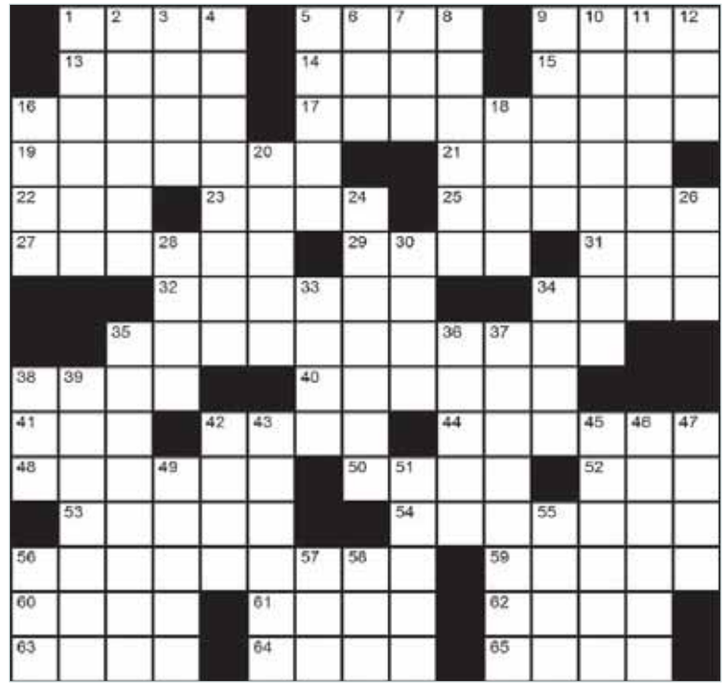
♑ Capricorn
Dec. 22 - Jan. 20
Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

♒ Aquarius
Jan. 21 - Feb. 19
Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces
Feb. 20 - March 20
Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. SALLY BROMPTON

Crossword: Canada Across and Down

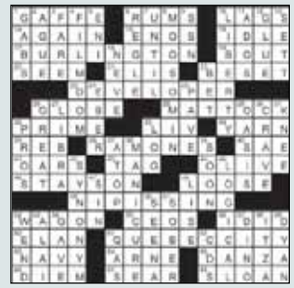
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Irish actor Mr. Townsend, et al.
5. Gym bag item
9. Elbe tributary
13. Alphabetic sequence
14. Thomas Edison's middle name
15. Whirl
16. Loup-__ (Werewolf, in French)
17. Simulated combat game to 'dye' for
19. "On My Own" singer in Les Miserables
21. "__ _ say more?"
22. How non-prescription meds are sold [acronym]
23. Carpentry tool
25. Friend from way back: 2 wds.
27. Mini racing vehicle
29. Pots
31. 'Benedict' suffix
32. Theatre: Spanish
34. Preposition
35. 2014 Spring __ (What designers are showcasing at New York Fashion Week)
38. Greyish
40. Street for Big Bird
41. Margaret of laughs
42. Montreal-born humourist Mort
44. Watered the plants with a light spray
48. It separates Haida Gwaii and mainland BC, __ Strait
50. Scientific spots
52. Lennon's love
53. "__ Gantry" (1960)
54. Gist
56. Furnishings
59. Thoughts
60. Travel by __ (Choo! Choo!)
61. Bubbly chocolate bar
62. Load
63. About, on a company memo: 2 wds.
64. Throw for a __ (Astonish)
65. Scruff

Down
1. Awake or become focused: 2 wds.
2. "For Those About __ __ (We Salute You)" by AC/DC
3. Knowledgeable about: 2 wds.
4. Tree-climbing critter
5. Records
6. _ __ mode
7. Nero's 56
8. Artillery gun on wheels
9. Spherical
10. "Don't It Make Ya Feel" band from Vancouver
11. Dependent
12. Annex
16. Subj. with maps
18. Business contact nos.
20. Birth-related
24. Range in British Columbia, __ Mountains
26. Mr. DiCaprio, to pals
28. This Is Not _ __ (Label warning)
30. Goes bad, as food
33. Musician/radio personality John
34. Loonies
35. Canadian Hip-Hop star
36. Poetic feet
37. Something neglected to be done
38. "Oh!" in Germany
39. Taylor Swift's duet partner on "Everything Has Changed", Ed __
42. Footprint
43. Of the air
45. Get in shape: 2 wds.
46. Cover
47. John and Jane
49. Plentiful
51. He's simply fabulist!
55. John Diefenbaker's first wife
56. Prefix to 'angle'
57. Keanu's 'Matrix' role
58. Miracle-__ (Gardening product)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			4	7				1
2		4		1		3		
					9			6
	3	1	8	9		7		
		9				1		
		7		5	4	9	8	
8			5					
		2		3		6		4
1				2	6			

Friday's Sudoku

2	4	8	9	7	6	5	1	3
1	6	7	2	3	5	8	4	9
5	3	9	8	4	1	2	7	6
9	5	6	1	8	4	7	3	2
7	8	3	6	9	2	1	5	4
4	1	2	3	5	7	9	6	8
3	2	5	7	6	9	4	8	1
6	7	1	4	2	8	3	9	5
8	9	4	5	1	3	6	2	7

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